

NutriCare Meat Facts	
Beef Brisket	Nutrition information per cooked 3 oz. serving % total recommended dietary intake Calories 230 12% Total Fat 14.3g 21% Saturated Fat 5.7g Monounsaturated Fat 7.1g Polyunsaturated Fat 4g Cholesterol 77mg 26% Sodium 66mg 2%
Pork Tenderloin	Nutrition information per cooked 3 oz. serving % total recommended dietary intake Calories 141 7% Total Fat 4.1g 8% Saturated Fat 1.4g Monounsaturated Fat 1.8g Polyunsaturated Fat 0.9g Cholesterol 79mg 26% Sodium 57mg 2%

Nutrition for Active Lifestyles

HEAVY NORTHERN
Boneless Rib Eyes
WHOLE CRYOVAC
\$3.09
LB.

HEAVY NORTHERN
Boneless Beef Brisket
CRYOVAC
99¢
LB.

WILSON
RECIPE READY
BONELESS PORK
Boneless Pork Loin
\$2.89
LB.

MEAT OR BEEF BOLOGNA, SALAMI OR LUNCHEON
Decker Lunch Meats
\$1.29
12 OZ. PKG.

TRUE VALUE HALF OR
Whole Boneless Hams
\$1.99
LB.

BEEF SKIRT STEAKS
Fresh Fajitas
\$2.09
LB.

ALL MEAT, BEEF OR JUMBO
Oscar Mayer Wieners
\$1.59
1 LB. PKG.

MINIMAX MEANS MORE...QUALITY!

REGULAR OR LIGHT
Jones Dairy Farm Pork Link Sausage
\$2.39
1 LB. PKG.

ALL MEAT
True Value Franks
89¢
12 OZ. PKG.

FRESH LEAN
Meaty Beef Short Ribs
\$1.39
LB.

Bakery and Deli Savings!
AT ALL STORES WITH IN-STORE BAKERY & DELI...

FRESH BAKED
Golden Kaiser Rolls
6 89¢
FOR

DELICIOUS BAKERY FRESH
Lattice Top Cherry Pie
\$2.99
EACH

TENDER RUSSER
Virginia Baked Ham
\$3.89
LB.

WHOLE OR HALF
Claussen Pickles
\$1.79
32 OZ. JAR

LOUIS RICH TURKEY BREAST
Lunch Meats
\$1.59
6 OZ. PKG.

1 LB. ALL MEAT OR BEEF OSCAR MAYER
Sliced Bologna PKG. **\$1.99**
OSCAR MAYER, LIVER CHEESE, P&P LOAF, SALAMI
Lunch Meats 8 OZ. PKG. **\$1.19**
HORMEL LITTLE
Sizzlers 12 OZ. PKG. **\$1.39**
DECKER CHICKEN FRY
Beef Patties LB. **\$1.49**

TASTY ROEGELEIN
Smokets 12 OZ. PKG. **\$1.55**
12 OZ., TYSON'S DICED OR BREAST FILLETS
Chick n' Quick PKG. **\$3.79**
1 LB., JIMMY DEAN REG. HOT OR SAGE
Pork Sausage ROLL **\$1.99**
2 LB., JIMMY DEAN REGULAR OR SAGE
Pork Sausage ROLL **\$3.98**

DELICIOUS CHERRY
Turnovers 3/\$1
FRESH MADE, CHERRY

FRESH MADE HOMESTYLE
Potato Salad **\$1.09**
REGULAR OR MUSTARD

HOMESTYLE, PEACH, APPLE OR, CHERRY
Cobbler LB. **\$1.59**
CHOPPED B.B.Q. BEEF
Sandwich EACH **.99**